

# Badminton



Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it can be played with larger teams the traditional approach for Badminton is to play either 'singles' or 'doubles'. The unique qualities of badminton make it accessible and enjoyable for anyone who participates and it is the joint most played racquet sport in the UK.

Sports Coaching Group aspires to provide the opportunity for all children to access sport as well as providing an inclusive environment in which to operate. Our experienced and highly trained coaches exhibit an engaging environment where children can strive for excellence whilst also being equipped with the appropriate skills to participate in sport for life.

## Key Stage 1

In this stage of development, we would be looking at the progression of the Fundamental Movement skills of our participants whilst integrating with sports specific skills. Our emphasis will be placed on providing fun activities that evolve around themes which the children can relate to such as superheroes, cars, and animals etc. Our games are aimed at developing critical skills for the children such as agility, balance, and coordination. Whilst also teaching the children with the fundamentals of racquet sports.

## Key Stage 2

In this stage we focus more on sport specific skills with some underlying emphasis still placed on fundamental movement skills. Our activities are always engaging, and we aim to allow the participants to transfer their badminton skills into game related scenarios and competition-based activities and provide them with the tools to transfer their skills into other sports. The aim is to ensure that the children are playing 1v1 games by the end of the term.

## General information

Our company always provides a high quality of coaching no matter what sport we provide, and we always encourage and allow children to strive for excellence and inspire them to achieve greatness. However, our main priority is to provide the children with the opportunity to get involved under any circumstance. Inclusion, diversity, and equality are essential in all our lessons, and we strive to equip each child with the appropriate knowledge and skill set to complete and learn to use in and most importantly out of our sessions in everyday life.